




SBRC Gym Schedule

MARCH 1-18

SBRC WILL BE CLOSED MARCH 18-27 FOR ANNUAL MAINTENANCE SHUTDOWN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
6:00am	Open Gym 6:00-8:00	Open Gym	Open Gym 6:00-12:00	Open Gym	Open Gym 6:00-9:00						
6:30am		Bootcamp 6:30-7:30		Bootcamp 6:30-7:30							
7:00am		Complete Conditioning 7:30-8:30		Complete Conditioning 7:30-8:30							
7:30am											
8:00am											
8:30am											
9:00am	Setup	Drop-in Total Body Fit 8:50-9:50	Gymna stics 9:00- 11:45	Drop-in Total Body Fit 8:50-9:50	Setup	Drop-in Total Body Fit 8:30-9:30	Drop-in Adult Basketball 8:00-11:00				
9:30am	Gym Jam 9:30-11:30 ends 3/7							Cardio Fit 10:15-11:15	Cardio Fit 10:15-11:15	Gym Jam 9:30-11:30 ends 3/11	Drop-in Womens Volleyball 9:30-12:00
10:00am											
10:30am											
11:00am											
11:30am	Cleanup	Drop-in Adult Basketball 11:30-1:30	Open Gym	Drop-in Adult Basketball 11:30-1:30	Cleanup	Drop-in Sprts Conditioning 12:00-1:00		Open Gym 12:00-5:00	Open Gym 11:00-5:00		
12:00pm	Drop-in Sprts Conditioning 12:00-1:00						Drop-in Adult Bball 1:00- 2:30			Drop-in Pickleball 1:30- 3:30	Drop-in Sprts Conditioning 12:00-1:00
12:30pm											
1:00pm											
1:30pm											
2:00pm	Open Gym 1:00-4:00	Drop-in Pickleball 1:30-3:30	Open Gym 1:00-3:00	Drop-in Pickleball 1:30- 3:30	Open Gym 1:00-4:00	All Ages Bball 3:30- 5:00	Open Gym 12:00-5:00				
2:30pm											
3:00pm											
3:30pm											
4:00pm	All Ages BBall 3:30- 5:00	Open Gym	All Ages Bball 3:30- 5:00	Gymnas tics 3:30- 5:15	All Ages Bball 3:30- 5:00	Open Gym 12:00-5:00					
4:30pm											
5:00pm											
5:30pm											
6:00pm	Open Gym 5:00-6:00	Open Gym 5:00-6:00	Open Gym 5:00-6:00	Open Gym 3:30-9:30	Open Gym 3:00-5:00	Now offering Silver Sneakers Classes at all 3 City of Boulder Recreation Centers! Open to all SilverSneakers Participants and Rec Center Guests!					
6:30pm											
7:00pm											
7:30pm											
8:00pm	Women's Basketball 6:00-8:30	League Basketball 6:00-10:00	League Basketball 6:00-10:00		Drop-in Badminton 5:45-7:45						
8:30pm											
9:00pm											
9:30pm											
8:30pm	Open Gym 8:30-9:30					 Healthways SilverSneakers® Fitness Program					
9:00pm											
9:30pm											

GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-441-3448 or go to [Http://www.boulderparks-rec.org](http://www.boulderparks-rec.org)

